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the Inside Scoop...of OJJ

Mission:

The Office of Juvenile Justice protects the public by providing safe and effective individualized services to youth, who will become productive, law-abiding citizens.



Dr. Mary L. Livers, Deputy Secretary

Christmas has come and gone and everyone is in great spirits. I am hoping that each of you had a lovely holiday season with family and friends.

For those who insist that Louisiana has only two seasons (summer and February) and no fall, this picture is what we were seeing here at central office. I have decided that we do indeed have fall down here, it just comes a little later than most places. At Christmas time.



As ever, this issue of *The Inside Scoop...of OJJ* is full of news. We have employees to congratulate for outstanding service, youth who are learning to make healthier choices, staff giving thanks together...and all in a day's work. You are such an inspiration, and truly make me grateful for being able to work with such a dedicated staff. I hope you will enjoy perusing the pages of this month's newsletter to see what your colleagues all over the state have been doing.

I look forward to seeing you in the pages of "*The Scoop*" throughout the new year.

"Doc" *Dr. Mary L. Livers*

The Daily Motivator

Winners and winners

There are those who win now, and those who will win later.

If everyone were to win first place all at once, the victory would have no real meaning.

If you resent those who win the race, you give up a valuable opportunity. You give up the opportunity to learn from their examples.

There are those who win in one area of life, and others who win in other areas of life.

If everyone was the best at the very same thing, think of how terribly tedious and predictable things would be.

Just because one person wins, or excels, or achieves, does not mean everyone else loses.

Life's victories do not happen in a vacuum, and their valuable consequences reach far beyond those who achieve them.

Choose to be inspired, to learn from, and to catch the positive energy of those who win.

Then make use of that energy, and build on it to win in your very own way.

Sincerely celebrate the victories of those who win.

For that makes you a winner, too.

— Ralph Marston

Staff Spotlight

Spotlight on...



**PPO2
Yolonda
Latimer,
Baton Rouge
Regional
Office**

PPO2 Yolonda Latimer came to Baton Rouge OJJ seven years ago as a Social Services Counselor, and she loved every minute of her work. Almost two years ago, she moved into the position of Probation and Parole Officer and really found her niche.

“Being a PPO is very different from being a counselor,” Yolonda said. “Counseling is very rewarding, but I love being a PPO because I’m a consequence-based individual. I am also empathy-based, so I try to understand where the kids are coming from. Sometimes life is hard, but we still have to be accountable for the things we do.”

“I chose Yolonda because she is such a great employee and human being,” said **RM Michelle Thomas**. “She has served this agency for many years in more than one capacity. The youth and families appreciate and respect her. She is one of the most dedicated and loyal employees in the office. Her kindness has no end. She is supportive to anyone in need. She’s a good listener and a good friend.”

“Yolonda is a leader, a team player and a member of the office morale committee,” Michelle continued. “She is always willing and ready to go above and beyond the call of duty. She donates her time and money to families in need. She will go out and buy food for a family in need from her own paycheck. She desires no recognition for

anything that she has done. She is humble at heart and in spirit. She encourages our kids, their families and her coworkers. If you ever have a chance to work with her, you will see just how kind she really is.”

Before arriving at OJJ, Yolonda worked for Academy Mental Health Center, where she supervised other counselors, working with juveniles and adults with serious mental illness. She then worked for the BI Post-Release Skill Center as a case manager and counselor, working with adults who were transitioning as parolees from prison back to the community. “We taught the men how to be fathers, how to budget, how to stay clean and drug-free – how to make it on the outside,” Yolonda said. They were also assisted in getting their GEDs if necessary.

“We have to show kids there are ways of meeting their needs without criminal behavior.”

“The approach I take with our kids has two important components,” Yolonda said. “You can’t come at them as judgmental, and you can’t jump to conclusions. You have to give them respect, and really get to know them. You have to look at all the factors and understand where they are coming from. We have to show them there are ways to meet their needs without criminal behavior. We have to show them that they can have it all without making bad choices.”

“You have to reach kids where they are,” she continued. “Some of our kids are just worried about survival. They are not even sure they will live to make it to age 21.”

Yolonda says she has to be intuitive with her kids. It all starts with caring about the kids and being empathetic. “We all have the same choices, we all start at the same baseline, and we are all about what we choose to do.”

“Today we went to a graduation ceremony for some of our kids,” Yolonda related. “They were about to burst at the seams, they have so much hope for the future, and they are so inspired by the other kids who graduated. So many of our kids never experience this; their parents didn’t either, or their grandparents. That is their experience. You have to know more about them, you have to want to know them better. Kids will know if you really care about them, and I want them to know that I am genuine. They respect that. If you go in respecting them, they respect that. We deal with kids every day who do not have respect.”

Yolonda said sometimes she gets a call from a youth’s school, asking her to defuse a situation with a kid on her caseload. Later she and the youth can discuss the experience and she can help talk the youth into behaving better at school. “It’s important not to destroy any respect for the adults at the school,” she said. “If I need to speak with a school administrator, I do it outside the kid’s hearing.”

“Kids will know if you really care about them, and I want them to know that I am genuine.”

Yolonda is originally from Georgia, but her family moved to Monroe, and then to Baton Rouge when she was a senior in high school. She graduated from Belaire High School in Baton Rouge, and went on to earn a Bachelor’s degree in psychology from Grambling State University, as well as a Masters in rehabilitation counseling from Southern University.

Although she is single and has no children of her own, Yolonda has two godchildren, siblings aged 12 and 3. “I take my responsibility very seriously,” Yolonda said. “I am very active with the 3 year old and we spend a lot of time together.”

Yolonda enjoys activities at her church, Living Faith Cathedral in Baton Rouge. And she loves amusement parks – “the scarier the ride, the better.”

“I enjoy travel, and I love to eat. I love new ideas about places to go,” she said. “My goal is to pick a place to visit every few months. 2012 is going to be my year to travel. I plan to get out more, and broaden my horizon a little more.”

She definitely plans to visit Chicago. “I want to see what that city has to offer,” Yolonda said. “I love museums. My daddy used to take us fishing and to the zoo. I didn’t like that – I wanted to go to museums.”

Yolonda said her bottom line is that she does what God wants her to do. “He does all of it,” she said. “I enjoy meeting people and helping people. It’s what I am called to.”

“My favorite Scripture is Jeremiah 29:11,” Yolonda said. “It calms my spirit and tells me that whatever the roadblock, it’s temporary. This too, shall pass. Sometimes I give it to my kids, and they appreciate the message: *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*”

“And isn’t that what we are trying to do with our kids?” Yolonda concluded, “Meeting our mission by giving them hope for the future.”

CQIS POLICY UPDATES

The following policies were approved in November:

- A.2.44 Off Duty Employees Not Allowed on Facility Grounds 11/2/11
- B.2.1 Assignment, Reassignment, Release and Discharge 11/30/11
- B.2.2 Youth Classification System and Treatment Procedures 11/30/11
- B.2.13 Secure Care Early Release 11/30/11

B.6.2 Communicable and Contagious Diseases and Infection Control Program 11/10/11

D.9.7 Financial Assessment, Medicaid Eligibility and Parental Contributions 11/30/11

D.9.8 Youth Travel – Community-Based Services 11/30/11

D.9.9 Reimbursable Expenses 11/10/11

D.10.12 Use of Interventions – Community Based Services 11/3/11

D.10.22 Interstate Compact for Juveniles (ICJ) 11/10/11

The following policies were rescinded in November:

DYS 4.3 IV-E Cost of Care Monthly Billing 11/4/11

DYS 9.8 In-State and Out-of-State Travel 11/30/11

DYS 10.13 Use of Chemical Agents 11/3/11

DYS 10.20 Services for Juveniles with Serious Infections Diseases 11/10/11

Certificate of Technical Studies: Juvenile Justice is Offered

By Fran Martin, Director of Staff Development

The Louisiana Community and Technical College System has developed the **Certificate of Technical Studies: Juvenile Justice**, designed to benefit individuals employed in the area of juvenile justice and related fields, who are working with high-risk adolescents or those who are interested in a career in the area of juvenile justice.

The deadline for registration for the next class is January 17, 2012.

The Certificate of Technical Studies: Juvenile Justice consists of 8 online courses, including:

Introduction to Juvenile Justice 101 (3)

Introduction to the historical and contemporary aspects of juvenile corrections in Louisiana. Explores the evolution of juvenile corrections from punishment-based in

the early 1900s to rehabilitative in the latter part of the century, to the treatment models of the 21st century reform movement. Provides an overview of the mission, vision and guiding principles of OJJ, the agency, its programs and developmental processes of LAMOD and Service Coordination. Introduces Louisiana's court process and procedures for youth from arrest to final disposition, including OJJ's role. Introduces primary federal and state statutes as they apply to juvenile offenders, with emphasis on the 6 constitutional amendments that pertain to juvenile justice. Includes discussion of actual court cases and scenarios pertaining to the constitutional amendments covered in the course.

Basic Fundamentals of Youth, Drugs and Juvenile Programs 100 (3)

Introduction to current trends, programs and approaches to youth addiction, treatment options, assessment processes, and related behavioral issues for youthful offenders specifically housed in secure-care settings and under supervision.

Basic Fundamentals of Crisis Intervention 100 (3)

Provides an overview of the techniques and approaches to crisis intervention for entry-level juvenile justice professionals. Includes initial intervention, de-escalation and assessment, resolution and/or referral, with emphasis on safety. Includes personal effectiveness, therapeutic prevention and intervention, recognition of threat levels, voluntary compliance, verbal and non-verbal communications, active and passive listening, and medication.

Basic Fundamentals of Working with Mentally Ill Youth 100 (1)

Addresses supervision and care of youthful offenders in confinement. Builds awareness of the dynamics, basic behaviors, and interpersonal interactions often found among youthful offenders exhibiting the following serious mental disorders: anxiety, mood,

personality, psychotic (schizophrenia), and mental disabilities.

Basic Fundamentals of Maladaptive Behavior 100 (3)

Teaches strategies for working with youth presenting maladaptive behavior. Provides a basic introduction for understanding the nature of adolescent social behavior, diagnosis, and classification of mental disorders. Introduces a number of disorders and treatment options at a basic level to include anxiety, mood and personality disorders, schizophrenia, sexual and gender issues, substance-related and psychophysiological disorders.

Introduction to Ethics and Boundaries in Working with Youth and High-Risk Behaviors 100 (3)

Introduction of ethical issues surrounding the work of individuals with youth exhibiting high risk behaviors. Addresses Maslow's Levels of Human Needs and the relationship between unmet needs and behaviors. Provides guidance on relative human dignity and appropriate boundaries which must be established and supported in the day-to-day work with troubled youth.

Basic Fundamentals of Technical Reporting 100 (3)

Information and practice on writing a variety of reports required in juvenile justice programs. Emphasizes detail, factual content, objective presentation, and a defined purpose of specific readers.

Cooperative Work Experience--Externship 100 (3)

Externship is based on work experience in a setting within the Office of Juvenile Justice or one of the related field settings.

OJJ policy A 2.54, Attainment of One Year Certificate in Juvenile Justice, addresses the specific guidelines regarding which current OJJ staff may qualify for a pay increase upon successful completion of the eight courses in the certificate program.

Further information is available at www.online.lctcs.edu or by contacting the following:

Carlos Morris, Louisiana Delta Community College, Monroe
cmorris@ladelta.edu, 318-345-9214

Karolyn Harrell, Northshore Technical College, Florida Parishes Campus
kpinsel@northshorecollege.edu,
225-222-4251, ext. 207

Thibodaux Regional Office

Congratulations

Employee of the Month

PPO3 James Percle is the December Employee of the Month. He is a valuable asset to our team here in Thibodaux.

Everyone was overjoyed when the announcement was made that the name Thibodaux OJJ submitted was the one chosen in naming our new secure care facility, Acadiana Center for Youth.

Welcome

We welcome **Administrative Coordinator Doddie Picou** to our family.

PPO3 Lori Babin and **PPS Lorraine Thibodaux** attended the recent AMI Symposium at the Marriot Courtyard in Houma.

Go, Team! (really – they're traveling)

AMIkids Donaldsonville traveled to Alexandria to compete in the 2011 AMIkids Louisiana State Flag Football tournament. They were victorious! As a result, the AMIkids D'ille team then traveled to Tampa, Florida to compete in the AMIkids, Inc. Bright Futures Bowl (the Super Bowl of AMIkids, Inc. flag football). They will

compete against a team from Florida or South Carolina.



The AMIkids Donaldsonville winning team.

Reflections at Year End on Thibodaux OJJ Success Stories

PPO3 Sandra Rodrigue reports that **Youth Steven T.** received his GED while at Jetson. He was first placed into OJJ custody for three years in 2008, and was placed at Bridge City. He was released at his full term but returned to OJJ custody in August 2011. The impressive part is that Steven made up his mind that he was going to obtain his GED because he wanted to “earn” an early release. He did exactly that! He obtained his GED on November 10 and Judge John E. Leblanc, 17th JDC, Lafourche Parish, granted his early release fully from OJJ. He was able to take graduation pictures and will receive a graduation ring from Jetson. Sandra further reported how very proud she is of Steven. His background was filled with many challenges, but he took the skills he learned and realized he can be more than he thought. This is a HUGE accomplishment for him and he is planning to attend Fletcher Community College in Houma, then transfer to Nicholls State University in Thibodaux.

PPO3 James Percle reports that Youths **Caleb T.** and **Toi B.**, both 17 years old, attended the Youth Challenge Program (YCP) and attained their GEDs. Both their cases have since closed.

PPO3 Rachel Loupe tells us that **Youth Michael F.** took the GED test in November,

and recently graduated from the Youth Challenge Program at Camp Beauregard.

PPO3 Josef Nguyen says that **Youth Quan L.** just graduated the Youth Challenge Program in Minden.

PPO3 Heidi McElroy supervises **Youth Lacey P.**, an IAA (informal adjustment agreement) case transferred from Baton Rouge OJJ for supervision. When Heidi first met with Lacey, she had already been expelled from school. Lacey was referred to AMikids Donaldsonville. She now has perfect attendance and earned straight As on her report card. School officials report that Lacey is doing very well in the program and has been chosen as "Top Dawg." Due to her good behavior, she has been chosen to attend several off-campus trips and also traveled to Tampa, Florida for the Bright Futures Flag Football Bowl.

PPO3 Joshua Becnel says that **Youth Trent L.** was released from OJJ custody in October. Since his release, he has obtained two jobs and is in the process of getting his own apartment.

PPO1 Peter Pobocik relates that **Youth Rhett T.** successfully completed inpatient substance abuse treatment at Pathways in Baton Rouge. Rhett has struggled with substance abuse issues since being placed on probation, but voluntarily signed up for placement in Pathways. Upon his return home from treatment, the youth was accepted at the Youth Challenge Program Camp in Pineville and is scheduled to enter the program in January.

PPO3 Keith Kotoski tells the story of **Youth Nicholas H.**, who was placed on probation for a year due to association with a negative peer group and getting into trouble in the community. He also experienced problems in his home environment, as his poor peer choices affected the whole family. Through probation services, Nicholas began to show signs of improvement, learning to trust the

people in his life who truly care about him. His grades began to pick up and his relationship with his family steadily improved. Nicholas decided to return to the Boy Scouts and is on target to become an Eagle Scout before the end of the school year.

PPO3 Allison Lirette had this to report: **Youth Jaydon G.** successfully completed inpatient treatment at Odyssey House Academy recently. Also, **Youth Zachary P.** entered YCP Camp Carville in October and seems to be doing well in the program.

PPO3 JaNise Williams reports that **Youth Antonio M.** graduated from YCP in early December.

PPO3 Tracy Theriot says **Youth Damon S.** successfully completed substance abuse treatment at Odyssey House recently.

All of us at T-OJJ continue to strive each and every day of the year to meet the Mission and Vision of OJJ for all our youth and their families.

Wishing everyone and your families a very Happy New Year, from all of us at Thibodaux OJJ.

Tallulah Regional Office

Youth Success

Tallulah OJJ would like to congratulate **Youth Jason A.** on his accomplishment. He scored 26 on the ACT before he was placed at Swanson. His judge granted him an early release in February 2011 so that he could finish his senior year. He graduated from high school in May and recently began college at Louisiana Tech. Jason was supervised by **PPO Jessica Southern.**

Thanksgiving Celebrated

A Thanksgiving feast for all was celebrated by everyone at Tallulah OJJ, with plenty of good food. Everyone enjoyed fried turkey and baked honey ham, along with dressing, cheesy chicken spaghetti, green bean casserole, sweet peas, potato salad, shoe peg corn, sweet potato casserole, broccoli cornbread, deviled eggs, fruit salad, rolls, mandarin orange cake, red velvet cake and sweet tea. Once again, it was a great time to celebrate and give thanks for a wonderful bounty of good food and fellowship.

Everyone sang Happy Birthday to our November birthday honorees, **RM Ruth Stephens**, **PPO2 Robert Johnson**, and special guest, our former (retired) employee, **Frances Kennedy**. Birthday wishes went out also to **PPO2 Janet Pierce**, who is still out taking care of her husband, who has been ill.

Swanson Center for Youth

Swanson Has a New Director

Director R. Vickie Shoecraft assumed leadership of Swanson in early December. She comes to OJJ from Oklahoma, and is a native of Oklahoma City. Vickie is a graduate of the University of Oklahoma, with a Bachelors degree in law enforcement administration and a Masters degree in human relations. She brings over 20 years of experience in the field of corrections to her position.



This Oregon neighborhood made the news...

Veteran's Day Program Held

A program celebrating Veteran's Day was facilitated by our **Chaplain, Rev. Ricky James**. The program included solos by **Social Service Counselor Alma Holmes** and **JJS4 Patricia Harris**, a drum solo by **Youth Brandon W.**, and a presentation of colors by Swanson's Color Guard, pictured below.



Supervisors Recognized by National Guard

Recently two Swanson Center for Youth employees were awarded the Patriot Award by the Employer Support of the National Guard and Reserve. Recipients of the awards were **JJS John Wade**, who was nominated by **JJS Wesley Williams**, and **Social Worker-7 Kathy Powell**, nominated by **JJS Reginald Hammock**.

Both Wesley and Reginald are members of the Army National Guard. John and Kathy were recognized as supervisors who have supported the staff members while they served their country and state as members of the National Guard and Reserve.

Wesley is with the 1022nd Engineer Co. Reginald is with the 1086th Transportation Company and is currently serving in Afghanistan. The awards were presented by **Warren Smiley**, ESGR Public Affairs Officer, in November.



Social Worker Kathy Powell, Warren Smiley with the National Guard, and JJS John Wade, display their Patriot Award certificates.

Friendly Rivals

Although **Administrative Coordinator Judy Young** is a die-hard 'Bama fan and **Administrative Coordinator Connie Roberts** bleeds purple and gold, they can still be friends. Not only are Judy and Connie very good friends, they have worked together in various state agencies for the last 22 years.



It's easy to tell them apart....

"Momma Cares"

A poem written by Youth Kevin L.

Momma thank you for caring
 You're loving and sharing
 Keeping our family from tearing
 Momma Cares
 Lying about things, I do
 You're beating me with a shoe
 But if I just only knew

Momma Cares
 Never stays far away
 Just making it through the day
 In my heart you'll always stay
 Momma Cares
 Momma paying for cable
 Momma puts food on the table
 Just trying to keep me stable
 Momma Cares
 Momma always crying for me
 But in my cell I can see
 Momma's love is the key
 Momma Cares
 Momma trying to save me from jail
 Trying keeping me out of a cell
 But now I can't post bail
 She's always sending me mail
 Momma Cares
 Momma trying keeps me from burning in hell
 Teaching me but I'm not learning
 Momma Cares

Shreveport Regional Office

Congratulations

PPS Mitchell Lane retired in November with 28 years of service. Thanks for all your hard work.

PPO1 Matthew Carter recently graduated from the Probation and Parole Academy.

Todd Carlisle was recently promoted to PPO3.

We welcomed **baby Parker Rance Cram** into the world on November 25. Proud parents of the new baby boy are **PPO2 Jarred Cram** and his wife **Danielle**.

Program Specialist Jan Crain welcomed her new **grandbaby, Libby Claire Cox**, on November 18.

Welcome Aboard

We welcomed **PPO1 Cornealious McSwain** to the Shreveport OJJ family.

Training Attended

All staff attended CPR, First Aid and Chemical Weapon training, presented by **Stacey Scott** from Ware Youth Center.

All staff received six hours of mental health training, presented by Social Services Clinic staff **Nelda Graham** and Shreveport OJJ Program Specialist **Jan Crain**.

PPO3s Jennifer Hill and **Kristen McKee** attended STD training for youth workers, sponsored by Volunteers of Youth Justice. The trainer was **Dr. Joseph Bocchini**, chairman of the LSUHSC Department of Pediatrics.

LA Mentor sponsored an open house for their grand opening in Shreveport. **RM Kristi Martin**, **PPS Jan Crain**, **PPS Rick Ladner** and **PPS Kim Carlisle** attended the ceremony and ribbon cutting.

We said happy birthday to **PPO1 Jason Brown**, **PPS Mitchell Lane**, **PPO3 Charles Herrmann** and Transport Officer **Amanda Lummus**.

New Orleans/Jefferson Regional Office

Congratulations

PPO Nakia Harris graduated from the Probation and Parole POST Academy in November. Nakia was appointed one of the class historians and she presented a slide show at the graduation ceremony with classmate **Ashleigh Broussard**. We are happy to have her back in the office.



Congratulations Nakia - WhooHoo! You did it! Nakia is pictured with her proud **RM Kelly Clement**.

Restorative Justice Activity

The Goodguides Mentoring Program Awards Luncheon was conducted in November by Goodwill Industries of Southeastern Louisiana. **PPO3 Daria Melder** attended in support of her client **Timothy C.**, who was presented with gifts for his continued participation in the program. Also present in support of Timothy were his mother and younger brother. We are all proud of Timothy as he continues to progress through the system.

Fall Coat Event was Very Successful



The staff NO-OJJ rocks, as we continue to support community based services for our youth and families. The fall Coat Event was truly a success, as families in the community were blessed by the kindness that was displayed to them.

We received over 70 coats through donations by staff and their families, community partners, friends and facility staff. The coats were distributed to our clients and families on a designated day, and they were welcomed with a warm reception, refreshments, conversation and music. With much gratitude, thank you for assisting in meeting the needs of our families in the community.

In the Spirit of Giving

PPO3 Daria Melder was given the honor of presenting a Thanksgiving basket to the family of client **Lamont L.** Daria submitted the family's name to the Beacon Light International Baptist Cathedral, whose goal was to provide 100 holiday baskets to needy people. Lamont L. was chosen as a participant and Daria delivered the basket to

the family. It was truly a blessing as the spirit of the holiday was carried out. "To God be the glory for the wonderful things that He has done."

Natchitoches Regional Office

Employee of the Month

Administrative
Coordinator 3
Monica Breedlove
Achord



Community Involvement

A number of our PPOs and our NSU intern attended the Fall Festival at Ware Youth Center.



Attending the Ware Youth Center Fall Festival were PPOs Deanna Williams, Brenda Sarpy, Heather Christophe, Joe Black, Rachal Martin, Magen Smith and Christopher Wyatt.



Left, Intern Aretha Aaron; right, PPO Heather Christophe.



Intern Aretha Aaron, PPOs Brenda Sarpy and Todd Roszell, at the Ware Festival.



Intern Aretha Aaron, PPOs Joe Black and Todd Roszell



PPOs Heather Christophe and Todd Roszell.

Congratulations



AC3 Wendy Crow killed a 5 point buck.



Monroe OJJ enjoys Thanksgiving dinner.



Happy birthday to **PPO Leisha Beasley**, left, and **AC3 Monica Breedlove Achord**, right.

Good Hunting

On a recent hunting trip to Texas, **PPS Karl Wallace** bagged a wild turkey and a 7 point white tail buck. As the pictures show, Karl had a good time!



Monroe Regional Office

Training Conducted

RM Patty Newman conducted the 3rd quarter safety meeting. The topic was "Do's and Don'ts at the Gas Pump/Static Electricity."

Staff recently received Bloodborne Pathogens and First Aid/CPR training. Our instructors were **James Woods** and **Delbert Blunt** from Swanson's Staff Development unit. They did an excellent job.

Giving Thanks

Monroe OJJ recently held our annual Thanksgiving dinner. Everyone brought delicious dishes, and good fellowship/company was enjoyed by all. It was a great start to the holiday season.

If you were to spell out numbers, you wouldn't find the letter 'A' until the number 1,000.

Lynne Geromini, CO Administrative Program Director, CQIS

Lake Charles Regional Office

Thanks for Going Above and Beyond

PPO3 Rebecca Harmon requested permission to facilitate family involvement by transporting the mother of client **Edward N.** on a Sunday so they could visit for the youth's birthday. The youth is currently in a secure facility and the mother does not have transportation. Rebecca is showing positive family support and promoting the importance of working with the youth and the family. Thanks Rebecca!

PPO3s Fred Fontenot and **Alexis Heflin** treated **Kyle H.** and **Tray B.**, two residents at Boys Village, to lunch at Mongolian Grill for earning all of their 700 points. **PPO3 Monet Newman** acted as a "guide" to assist the boys with how to prepare their meal. It was a new dining experience for both of the boys and they told us they enjoyed the food.

PPO3s Fred Fontenot and **PPO Ronald Gilchrist** participated in a basketball game with the residents at Boys Village. They were joined by four Calcasieu Parish Sheriff's deputies and four Louisiana state troopers, as well as a referee from the Calcasieu Parish School Board. The officers won a game and the boys won a game. We hear there will be a rematch soon!

After the game, the residents were given a talk by the state troopers that involved the boys wearing "drunk goggles" to see how it feels to be "under the influence" when you are trying to complete something.

Lake Charles OJJ presented five Thanksgiving baskets to families that are currently involved with the agency. All families were very grateful and all reports suggest they truly enjoyed their Thanksgiving meals together!



Lake Charles OJJ's Thanksgiving baskets.

Youth Success

Jacolby M., a youth in the caseload of **PPO3 Fred Fontenot**, recently earned both his GED and small engine repair certification at Swanson Center for Youth. For all of his accomplishments, he was granted a modification of disposition and is now placed at Boys Village.

Congratulations

PPO3 Delisa Clark's son, Logan, was awarded Student of the Year at T.H. Watkins Elementary School. Way to go, Logan!

We Celebrate Thanksgiving Together

A wonderful Thanksgiving meal was had at Lake Charles OJJ. Everyone brought yummy dishes, as evidenced by not a lot of leftovers! **PPS Melissa Cross** made turkey treats that were loved by all.



Left, turkey treats, and right, Thanksgiving Messages in a Bottle.

Melissa continued in the Thanksgiving spirit by making Thanksgiving Messages in a Bottle for every employee. Everyone wrote something they were thankful for regarding each person in the office. These messages were then placed inside a bottle that everyone received to serve as a meaningful memento.

Getting' in the Holiday Spirit

Lake Charles OJJ got into the Christmas spirit! The office handed out four Christmas baskets to families who are in need. There was an office Christmas lunch and Secret Santas were prepared to strike! Decorations went up and a door decorating contest was judged by the top residents from Boys Village, Methodist Children's Home and La Maison de Grace. Along with this Christmas spirit was the competitive spirit. Stay tuned to the next edition of *The Inside Scoop* for pictures of all entries and of the winning door!

Lafayette/Opelousas Regional Office

Staff Give of Themselves to Help Others

While all of the youth that **PPO3 JoEllen Frilot** supervises look to her as a role model, one of the younger girls she supervises has truly taken this to heart. She calls JoEllen every day after school to check in and talk about her day. Since she has been on probation, her behavior has much improved and she is now being moved from special ed math to regular math. This is a small step but positive nonetheless, due in large part to JoEllen's encouragement and support.

PPO Deacon Jones donated a pair of tennis shoes to one of **PPO1 Jeff Edwards'** clients, who was going to school wearing shoes with large holes in the soles.

PPO Deacon Jones coaches a traveling girls' basketball team. Three of the senior players received Division One scholarships. One of the players will attend UL-Lafayette and the

other two will attend McNeese State University in Lake Charles to play basketball.

Deacon and parents of the girls on the team collected infants/toddler/children shoes for donation to Maison de Mere, a home for teen parents or pregnant teens, which allows the girls to keep and raise their children while living there. **PPO3 Mina Travis** volunteered to deliver the shoes, as she has a client currently living at Maison de Mere with her infant son.

Lafayette OJJ created Thanksgiving food baskets for needy families, from donations from staff in the Lafayette and Opelousas offices, and turkeys purchased by the Positive Focus Committee.

One of **PPO3 Kristi Eames'** clients, **Lauren**, competes in go-cart races. She recently made it to the finals in Mississippi. She was the only female in her division to earn a chance in the finals.

PPO3 Kristi Eames donated women's clothing and shoes to the Faith House, a shelter for battered women and children.

Several of our staff members participated in volleyball games with our youth at St. Martin Detention. Officers competed in games both with and against the youth. Lunch was provided by both OJJ staff and St. Martin staff.

A short definition of VISION:

Three bricklayers were asked what they were doing.

The first said "I am laying bricks."

The second said "I am building a wall."

The third said "I am helping to build a temple."

Jetson Center for Youth

TV Show Scenes Filmed at Jetson

The production crew for the television series "**Breakout Kings**" was definitely on the scene at Jetson. The crew began the preparation phase in early November and continued to work until the actual day of shooting the scene. The days leading up to shooting the scene were warm and beautiful, but on the day of the shoot, you would not believe, it was cold and rainy – winter had arrived overnight. That is Louisiana weather for you.



The day began early - at 6 a.m. sharp, there were numerous trucks, production staff, extras, equipment and of course lots of good food prepared by a production caterer. The shoot went well and the staff assigned to work with the crew actually had the privilege of watching everything on the set. It was truly a unique experience, everything went well and Jetson welcomed the **Breakout Kings** crew with open arms as they shot a scene at the facility.



The series producer, **Clark Johnson**, would like to return to the facility to visit with our youth, and he also presented us with a DVD of a movie that he produced, entitled "Boycott."

Ten episodes of **Breakout Kings** are being shot in Baton Rouge and the Felicianas (at Dixon Correctional Center in Jackson and Angola) for the second season of the hit series. It will wrap in mid-February. The show was created by the creators of the hit series "**Prison Break**," and portrays a squad of U.S. Marshals who team up with convicts to track down prison escapees in exchange for getting time knocked off their sentences.



Waiting Patiently to Tell Santa...



Jetson Life Skills instructor Denise Clause shares these photos of her pooch, Elvis, waiting in line, left, and right, visiting Santa Claws at PetSmart. "He ain't nothin' but a hound dog," Denise relates.

Knights of Columbus Visit Youth

The Knights of Columbus recently celebrated with Jetson, as they do quarterly. They prepared food for all the youth and staff. The meals are usually served in the Area 3 dining hall, but the Christmas spirit brought changes, and this quarter's meal was served in the Area 1 dining hall. All the youth, staff and the Knights of Columbus members sat down together, just as a big family would, and feasted together. Christmas decorations were beautifully displayed in the dining hall thanks to our recreation staff. The KCs also donated stamps and cards to our youth. Jetson has an awesome volunteer base, and we thank the Knights of Columbus for partnering with our facility.



Director Daron Brown, second from left, visits with members of the Knights of Columbus and spouses.

JCY Youth Attend the Lighting of the Twin Christmas Trees

Several Jetson youth and staff attended the Lighting of the Twin Christmas Trees, an annual event held Jefferson Baptist Church.

The tickets were donated to Jetson by **OJJ Auditor Gay Lynn Brown**. Many thanks to Ms. Brown for the tickets - this could not have been a more appropriate program for our youth to attend.

The youth and staff alike had a wonderful time. The youth were attired in their white dress shirts and ties, looking just as young gentlemen should.

The youth were escorted by JJSs **Patricia Smith, Jewel "Mama" Veal, Frederick Bratton, Richard Carrol, Melvin Carter and Jakouri Williams**, Case Manager-JJS **Kelly Johnson** and Director **Daron Brown**.



Above, the youth with a snowman, and below, with a Dancing Bear...aka Gay Lynn Brown.



A college professor asked his class

**Q: WHAT IS THE
DIFFERENCE BETWEEN
IGNORANCE
AND
APATHY?**

And one student replied

**A: I DON'T KNOW.
AND I DON'T CARE.**

Hammond Regional Office

SUPERSTAR!

The Hammond OJJ **Superstar** for November is **PPS Johnny Prentice**. Johnny was recognized by **PPO3 Mark Davis** for his attention to detail which led to the apprehension of three escapees from Bridge City.

Youth Highlight

By **PPO3 Mark Benton & SSC4 Lori Wagner**

Jacob B., pictured left, a youth from **PPO3 Mark Benton's** caseload, earned his GED while in the FAST Track Program at Swanson, fulfilling one of the many goals set forth at the beginning of his treatment. He was recently released into the physical custody of his grandmother, Miss Claudia, on reintegration.



Both he and his grandmother are pleased that he is home. Jacob is very lucky to have Miss Claudia, as she provides firm boundaries and positive direction in his life. Miss Claudia has indicated that she plans to "keep his feet to the fire." Jacob was referred to the Eckerd Youth Alternative Program (ECHO) to empower him with reintegration skills, mentoring to assist with the additional support and knowledge to enable his reintegration to be successful, and to facilitate his preparation for the ACT.

Jacob has expressed his desire to attend college to gain an education that will allow him to assist other youth that are also at risk, and with his firsthand experience, he will certainly be an asset to others. What an awesome goal Jacob has set for himself!

Jacob has the desire and ability, as well as the drive to achieve his goals.

With focused efforts and the enduring support of his grandmother, the sky is the limit for Jacob!

Staff Highlight

By **SSC4 Lori Wagner**

PPO3 Danielle August began working at Hammond OJJ in May 2008. She is 26 years old and was born and raised in the Tangipahoa Parish town of Independence. She is the daughter of Dinna and Gregory August.



Danielle is a lifelong member of Mt. Calvary Baptist Church in her hometown. She knew her gift was working with the youth of her church, and she became youth director in 2005. She has always been active in the church and was able to pursue her dream of making a difference in the lives of the youth there. She also has the privilege of being the recording secretary for her church.

Danielle graduated from Independence High School and went on Southeastern Louisiana University to pursue her Bachelor of Arts in Spanish, with a minor in criminal justice. She was able to study Spanish abroad, first in 2006 in Cuernavaca, in central Mexico, and in Ecuador in 2007.

Her cultural immersion allowed her to visit "la mitad del mundo" (the center of the world) in Ecuador. There she was afforded the opportunity to have one foot in the northern hemisphere and the other foot in the southern hemisphere, among many other opportunities there.

After college Danielle worked briefly for the Louisiana Technical College System and decided to pursue her love of the environment with the Department of Wildlife and Fisheries.

However, that was not meant to be, as the Office of Juvenile Justice was waiting for her. She arrived here in 2008 and this job has allowed her the opportunity to practice law enforcement and continue to serve in touching the lives of youth and young adults. Danielle has also found use for her Spanish degree, by helping Spanish-speaking families who are involved with the agency to better understand the juvenile probation and parole process.

Her hobbies include raising and breeding German Shepherd dogs. Danielle fell in love with the breed when she was very young, as one of her first pets was a German Shepherd named Lady. Since then, Danielle has gone on to breed and raise many pups, and currently has two dogs: Kaiser (German for King) and Sam, who is expecting a new litter in the near future. Danielle's loyalty and love for the breed are immeasurable.

She is also a passionate lover of Louisiana football. Only death or serious illness will keep her from game day.

We are truly grateful to have Danielle on our team. She presents as a very gentle and mild person; however do not be deceived by the exterior – her desire and passions are explosive! Danielle is a dependable employee who is a team player. Thanks, Danielle, for all your hard work and contributions to our youth. We are grateful to have you as a member of the Hammond OJJ team.

**Never wrestle in the mud
with a pig.**

You both get dirty.

But the pig likes it.

George Bernard Shaw

Baby Shower Held

Hammond OJJ threw a baby shower for **PPO2 Leigh Calmes**. Leigh, **her husband Todd and their son Cyrus**, welcomed their new addition, **Tyce Lawrence Calmes**, into the world October 25. Congratulations, Leigh.



CPR/FIRST AID Training Held

PPS Carrie Austin and **PPO3 Kasey Wall** trained staff from Hammond, Lafayette, New Orleans and Baton Rouge OJJ offices in CPR and First Aid. Fourteen staff members completed the training.

We enjoy hosting staff from other regions, as it gives us a chance to put faces to names.



CPR training was held at Hammond OJJ.

Central Office

Condolences

Program Specialist Yezette White recently lost her grandmother, Ophelia Gaudet, 89. Please keep Yezette and her family in your thoughts and prayers during this difficult time.

Congratulations



OMF Administrative Assistant Brandy Frank shows off her new baby, Sebastian the Pug, at seven weeks old.

Food Drive Held to Benefit the Greater BR Food Bank

We held a very successful food drive to benefit the Greater Baton Rouge Food Bank, filling our barrel to overflowing.



Members of the central office Morale Committee and Executive Team are shown with the Food Bank food barrel, from left, Adm. Asst. Gwen Brinkley, Dr. Livers' Asst. Nita Franklin-Shanklin, Adm. Asst. Shaeki Shanklin, Adm. Asst. Marvel Adams, IT Director Vanessa Tom, DAS Sean Hamilton, DAS Karen Stubbs, Exec. Staff Officer Phyllis Martello and Asst. Sec. Dr. Girard Melancon.



Contract/Grants Supervisor Monica Williams – prepared for the Bayou Classic!

Louisiana Satsumas Make an Appearance at Central Office

The Louisiana Department of Agriculture and Forestry tells us that climactic conditions made for a bumper crop of sweet Louisiana citrus fruit this fall.

Thanks to several central office staff who kept us fully stocked with bushels of delicious satsumas, like this beauty from **Attorney Cheryl Carter's** little orchard, taxi-ing down **Nita Franklin-Shanklin's** desk and cleared for takeoff.



**Things that you cannot
recover:**

**The stone – after it's thrown
The word – after it's said
The occasion – after it's
missed
The time – after it's gone**

Bridge City Center for Youth

Thanksgiving Celebration

By Instructor Christopher Mayes

Riverside Alternative School staff teamed up with several departments throughout Bridge City's campus to present our Annual Thanksgiving Celebration. Several youth and staff performed songs, poems, and speeches of inspiration for all. The Bridge City Center for Youth Praise team led by **Choir Directors JJS Seletar Gosa** and **JJS Latitia Watts**, delivered uplifting hymns along with critical messages of grace and thanksgiving from a host of guest speakers including Volunteer **Chaplain Dr. Torin Sanders**.



Dining Hall Manager Yolanda Page and her staff prepared a wonderful meal, an amazing spread of delicious Thanksgiving dishes, and the Culinary Arts class

sweetened the service with delectable treats of all kinds. The students and faculty were treated to a great program put together by the education staff.

This event was a huge success, it taught youth the importance of giving grace, and inspired everyone to search their hearts, and give thanks. Everyone had a wonderful time. Thanks to all who made this program such a success!

Thanksgiving dinner is served, above; below, the Culinary Arts students with their amazing creations.



Baton Rouge Regional Office

Congratulations

Employee of the Month

PPO Andrew Bonner was chosen by his coworkers as November employee of the month. When asked what he likes most about working for OJJ, Andrew stated he enjoys helping the kids succeed. He said that he enjoys going out in the field and doing his best to make a difference in the lives of the youth. He understands that not all will change but he is thankful for the ones that he is able to help find their way. In his off-time he enjoys watching LSU football, going to the shooting range, watching movies and hanging out with his friends and new fiancée. Congratulations, Andrew, on being November's Employee of the Month!

We See You, and You're Looking Good

Baton Rouge OJJ would like to recognize all the PPOs in our office this month for assisting in the apprehension of a youth on the run. As usual, you all went above and beyond the call of duty to make sure that the task was completed in the safest manner possible. The amount of care and concern shown as each shift went out looking for the youth only confirms that together we are an awesome team.

We would like to give a special thanks to **Dr. Mary Livers**, **Asst. Sec. Dr. Girard Melancon**, **DAS Carolyn Lewis**, **DAS Sean Hamilton**, **CO Ellen Toney** and **ACA Accreditation Manager Angela Arabie** for their assistance with the Command Center. We would like to thank **Jetson Director Daron Brown**, **Bridge City Asst. Director Rickey Wright**, **Investigator Chester Davis** and **PPO Mark Benton** of Hammond OJJ for all of their support with the search operations at the Command Center as well. A special shout out goes to our very own **PPO Larry Aaron** and **PPO Darla Hood** for the detail,

attention, and professional resources they provided during the arrest. We see you OJJ, and together... we look good!

Also, an extra special shout out to **PPO Leslie Jones** and **PPO Yolonda Latimer** for actually apprehending the youth! You ladies did a great job. Thanks for your time, hard work, and attention to detail! *We see you ladies, and you're looking good!*

Shout out to **CWAs Christina Graham** and **Shalonda Wells** for all their hard work answering the phones, taking messages, looking up addresses and everything else they did to make sure that the command center had all the necessary information to assist in apprehending our missing youth! These ladies are truly an asset to the OJJ team.

Special Thanks–You're Looking REAL Good

We would like to extend a special thanks to **PPO Larry Aaron** for going out of his way to make sure that our future POST attendees are well prepared for the journey ahead of them. He has been taking them out running, working out and to the range. Thanks, Larry, you're the best! *We see you and you're looking good!*

Kudos

Kudos to **PPO Naomi Rodney**, who recently purchased clothing for one of her youth out of her own pocket! Thanks for caring so much!

Shout Out

We are sending a special shout out to **Transport Officer Paul Kopan** for taking time out of his weekend to transport youth! He is always willing to assist us in getting things done, no matter the day or the hour. Thanks for being an excellent team player.

We would like to send **Administrative Assistant 3 Irma Gonzales** a shout-out for assisting in the remodeling process. We

appreciate everything she is doing to make the transition into our temporary offices as smooth as possible.

Baton Rouge OJJ had a busy month as many of us were running to meetings, conducting Q&As for community programs and handling our normal caseload responsibilities, but in spite of it all, we remembered to give back.

We held our annual office Thanksgiving food drive and this year we were able to help five families to have a home cooked meal for the holidays!

Thank you, Baton Rouge OJJ, for never being too busy serving to serve!

Baton Rouge OJJ would also like to send out an extra special Thank You to **SSC Jennifer Anderson** for heading the basket giveaway project and always keeping us in the right Spirit of Giving Back to others!

Happy Birthday

We celebrated the birthday of **PPS Cobie Chauvin**. We wish you many more!

The “*Standard Law of Forestry Geometry*” developed by **Mechanical Engineer Curtis Badon, PE**, during his days at the LSU Forestry School’s Summer Camp: Returning through the woods to the meeting point on a straight line course provided by compass readings after cruising timber, the group encountered a huge briar patch in the middle of the woods. The choices were:

1) continue straight across the very thick briar patch or 2) use a meandering dirt road that crossed in roughly the right direction.

**Thus the shortest distance quickly became.....
down the road!**

Alexandria Regional Office

Congratulations

PPO1 Justin Guidry graduated from POST Academy in Baton Rouge. We are proud of Justin and glad to have him back. Justin is pictured with his mother at the POST Academy graduation.



Farewell

We said goodbye to **PPO3 Jency Moore**, who accepted a job with the federal government. Jency will be greatly missed.

Something Different for Christmas

Alexandria OJJ did something a little different this year. Instead of exchanging Christmas gifts amongst ourselves, we decided to help

needy children. **PPO3 Trinity Adams** collected \$100 from staff to purchase Christmas gifts for children at the Battered Women's Shelter in Alexandria. This put smiles on many of the kids' faces on Christmas morning.

Thanksgiving Celebrated



Staff enjoyed a delicious chicken and sausage gumbo prepared by PPS Clay Dupuy for our Thanksgiving dinner.

From a colleague:

Early in my college career, a professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the classroom building?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say 'hello.'"

I've never forgotten that lesson.

I also learned her name was Dorothy.



Recipe of the Month

BCCV Culinary Arts & Occupations

Chef Ronald J. Sonnier, CEC

The students of Culinary Arts took a road trip to Jetson Center for Youth to prepare the luncheon for the second annual Celebration of Change at Jetson. The menu was nothing short of spectacular and everyone went away very happy and full. The students prepared a boneless chicken breast smothered with crawfish etouff   atop a delicious rice pilaf, Italian green beans, tossed salad, and strawberry shortcake. The compliments were flowing after the meal, which made the students really proud of their accomplishments.



During Christmas time we were like Santa's little elves making cookies, candy and getting ready for the holidays right here at Bridge City. So, 'till next month...

Chef Sonnier's Smothered Meatball Stew

Serves 6 to 8

2 yellow onions, chopped	2 lbs. ground pork
1 bell pepper, seeds removed and chopped	Salt, Black pepper
2 garlic pods, chopped and minced	Cayenne pepper
8 ozs. fresh mushrooms, chopped	3/4 cup bacon drippings
1 bunch green onions, separated	3 cups all-purpose flour
2 lbs. ground beef	Water

Start by chopping the onions, bell pepper, garlic, mushrooms. Prepare the green onions by separating the whites from the greens. Finely chop the whites and coarsely chop the greens, keeping each in a separate bowl.

In a large bowl, thoroughly combine the ground beef, ground pork, salt, black pepper, cayenne pepper and green onion whites.

Form into meatballs (about 20-24) and set aside. Place the bacon drippings in a large frying pan on medium-high heat. Place flour in a mixing bowl and roll meatballs to coat all sides.

Brown the meatballs on all sides, being careful not to let them fry too hard.

Drain the grease from the pot and add about 1/2 cup of water to loosen anything stuck to the bottom of the pot. This will be the base for your brown gravy.

Return the browned meatballs to the pot and add the vegetable mixture except for the chopped green part of the green onions. Add water to cover the mixture by 1 inch. Loosely cover and cook over medium-high heat for about 30 minutes or until onions become transparent.

Reduce heat, remove lid and simmer for 30-40 minutes. Add greens during last 10 minutes of simmering. Serve over hot cooked rice.

Note: This is a very versatile recipe. I like to use beef and pork, but you can use all beef, all pork or even ground turkey. You can also substitute chunks of meat instead of meatballs, if you'd like.



Mardi Gras Coffee Cake

Serves 6 to 8. Recipe is from "Something to Talk About: Occasions We Celebrate in South Louisiana" by the Junior League of Lafayette.

1½ cups all-purpose flour
¾ cup granulated sugar
1 tbs. baking powder
½ tsp. salt
¼ cup shortening
2 small eggs, beaten
½ cup milk

1 tsp. vanilla extract
½ cup packed brown sugar
2 tbs. all-purpose flour
2 tsps. ground cinnamon
½ cup raisins (optional)
2 tbs. butter, melted

Preheat the oven to 375 degrees.

Combine the flour, granulated sugar, baking powder and salt in a bowl. Cut in the shortening until crumbly. Combine the eggs, milk and vanilla in a small bowl and mix well. Add to the flour mixture and stir just until blended. Combine the brown sugar, 2 tablespoons flour, cinnamon and raisins in a bowl and mix well. Stir in the melted butter. Spoon 2/3 of the batter into a greased and floured 9-inch cake pan. Sprinkle evenly with the brown sugar mixture. Top with the remaining batter. Bake for 20 minutes.

A Festive Topping

If serving Mardi Gras Coffee Cake during the Mardi Gras season, consider a glaze that mimics the traditional King Cake and looks beautiful on your buffet table. After preparing the coffee cake as directed, combine 1 cup sifted confectioners' sugar with 1 to 2 tablespoons lemon juice or water or just enough to reach a drizzling consistency.

Drizzle the glaze over the cake and decorate with purple, green and gold sugars or candies.

Bon appétit - Chef Ron Sonnier

Fitness Goals

Starting a fitness program doesn't have to be overwhelming when you are armed with the proper tools to get things rolling. Once you've committed to getting in shape, there are several things you can do to ensure you'll exceed your short and long term fitness goals. There are also some things you should avoid at all costs to ensure you stay on the path to fitness and wellness. What exactly are the rules when it comes to fitness?

Do's

- Write down your fitness goals. You're more likely to stick with a program once you have set some specific goals.
- Always strive to eat a well balanced diet that includes ample servings of vegetables and fruit.
- Break down your meals so you are eating several mini meals per day.
- Assess your current fitness level before starting an exercise program. By doing so, you'll be able to establish goals that meet your specific fitness needs.
- Consider talking with your health care provider before embarking on a fitness program, particularly if you are struggling with a health condition such as diabetes or obesity.
- Supplement your diet with essential fatty acids. You can do this by eating two servings of fish per week.
- Choose alternatives to satisfy your cravings when possible. Consider frozen fruit over ice cream or opt for a mini chocolate instead of the whole candy bar.
- Always stretch before and after your exercise routine.
- Don't over do it! Try doing too much at once and you'll burn out swiftly. Slowly increase the intensity of your workouts.
- Diversify your workout routine. If you do the same exercises day after day, you'll quickly tire and are more likely to skip workouts.



- Work out with a friend. You'll help motivate each other.
- Keep healthy snacks available at all times. You're less likely to grab junk food if something good for you is readily available.

Don'ts

- Over-train. Your body needs time to recover in between workouts.
- Skip breakfast. Eating breakfast will jump start your metabolism and provide you with the energy you need to get through the day.
- Skip stretching.
- Skimp on sleep.
- Set unrealistic goals. A healthy rate of weight loss is 1-2 pounds per week. If you have 50 pounds to lose, don't expect it to come off overnight, you'll set yourself up for disappointment.
- Compare your successes and failures to others. Everyone is unique, and what works for some may not work for others.
- Work out randomly. Work out regularly to maximize the benefits you'll reap from a consistent fitness routine.
- Give up. Consider talking with a friend in times of discouragement.
- Forget to reward yourself on occasion.

Always remember to keep an open mind and remain flexible when starting a new exercise routine. At times you may find it necessary to change your routine slightly. Life is a dynamic ride and you'll find your fitness journey is too. If you're willing to try new things and set reasonable expectations, you'll reap the rewards of your fitness program and successfully achieve your fitness goals.



The Inside Scoop...of OJJ

The Inside Scoop...of OJJ is published monthly to communicate with and about OJJ staff in offices and facilities throughout the state, about agency activities, happenings and items of interest.

The Inside Scoop...of OJJ is produced by the Central Office with input from staff statewide.

...until next month

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